

APG News

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POST SHORTS

Recycling schedule

The recycling pickup for Wednesday, Nov. 2, is plastic, glass and metal. Put items in blue bags and place them on the curb.

Time to fall back

Don't forget to turn clocks back one hour on Oct. 30. Standard time resumes when daylight saving time ends at 2 a.m. traditionally on the last Sunday in October.

Keep Halloween safe for 'trick or treaters'

Halloween and the traditional "trick or treat" activities will be celebrated at Aberdeen Proving Ground Oct. 31.

Children under 12 years of age must be accompanied by an adult. "Trick or treat" activities are specifically limited to 6 to 8 p.m.

Personnel driving in the housing areas during the "trick-or-treat" period are cautioned to exercise extreme care, and to be especially watchful for young children who may not be readily visible or attentive to moving vehicles.

It is strongly recommended that children wear reflective markings on their costumes or carry a flashlight.

The cooperation of all concerned is being solicited to ensure a safe and happy Halloween at APG.

For more information, call Linda Holloway, 410-306-4520.

Christian alternative to Halloween

There will be a Hallelujah Carnival 6 p.m., Oct. 29, at the APG Chapel. All are welcome to join in this family Christian alternative to Halloween including activities such as cakewalk, bingo, Bible trivia, bean bag toss, musical chairs, face painting, crafts and more. Refreshments, including candy, will be served. Costumes are optional, but nothing scary.

For more information, call Deneen Henson, 410-273-2017.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., Oct. 27, at the

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Health and Safety

Soldier Show comes to APG for weekend



Photo by JACK L. GILLUND, USACFSC Public Affairs

Members of the U.S. Army Soldier Show sing "Car Wash" during their 2005 tour. The show comes to Aberdeen Proving Ground this weekend for three performances. The 2 p.m., Oct. 29 show is for the 16th Ordnance Battalion and the 2 p.m., Oct. 30 show is for the 143rd Ordnance Battalion. The 7 p.m., Oct. 30 show is free and open to the public. The 90-minute song and dance production, "Operation America Cares," expresses the importance of giving deployed Soldiers a touch of home. For more information, contact Chris Lockhart, Morale, Welfare and Recreation Support Services Division, 410-278-3904/4698, or visit the MWR Web site, www.apgmwr.com.

APG hosts MCEC conference

Yvonne Johnson
APG News

In the interest of enhancing the educational experience for the military's transitioning youths, Aberdeen Proving Ground hosted a Military Child Education Coalition conference at Top of the Bay Sept. 25 and 26.

Overseen by the Transition Counselor Institute, the conference focused on Phase I and II training for counselors from the Harford County school district.

Ivan Mehosky, APG Garrison school liaison, welcomed Dr. Mary Keller, MCEC director, and her aids, Stacey Parry of the MCEC staff and Joyce Ward, a volunteer and military spouse who travels with the organization conducting training at military installations around the world.

Keller briefed the 45 to 50 attendees on the subjects and materials to be covered and the focus of the training.

"Phase I deals with the basics of transition

and Phase II looks at transition from an emotional perspective," Keller said.

The training includes addressing subject matters such as Common Ground, Programs, Perspectives and Research. In addition, a panel of military children and parents participated in topic discussions, providing personal perspectives on their experiences.

Col. John T. Wright, APG Garrison and deputy installation commander, officially welcomed the gathering of school counselors.

Noting that his children have been through 25 transitions during his career, Wright asked that counselors shift their focus in line with the changes that will result from the Base Realignment and Closure directives.

"I ask you to consider that in five years the vast majority of the military will depart this installation," Wright said. "Most of the military remaining will be senior, having primarily middle and high school age children."

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Injury prevention doctor skydives with Golden Knights

Capt. Roberto E. Marin
CHPPM

The U.S. Army Parachute Team known as the Golden Knights recently conducted a demonstration skydive for congressional staffers.

Dr. Bruce H. Jones, manager of the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine, met with the Golden Knights to discuss prevention of injuries associated with parachuting and was invited to join the demonstration jump.

Prior to his tandem jump with Sgt. Maj. Michael Eitnir of the Golden Knights, Jones attended a one-hour training session where he

learned about the equipment, skydiving techniques, and what to expect during the jump. After completing this training, Jones suited up and jumped from an altitude of more than 13,500 feet aboard a DeHavilland UV-18 Twin Otter aircraft.

Speaking of his jump experience, Jones said, "The Golden Knights display elite skills and exemplify teamwork. They are veritable leaders and professionals."

As Army ambassadors, the Golden Knights' mission is three-fold:

Perform aerial demonstrations for the public and promote the Army and its recruitment effort,

Compete in national and international parachuting competitions, and

Test and evaluate new parachuting equipment and techniques for improved operations and safety.

Several public figures have jumped with the Golden Knights, including President George H. W. Bush, Tiger Woods and Ann Curry of the Today Show.

The Golden Knights won two gold medals, and numerous silver and bronze medals at the 2005 National Skydiving Championships in Perris Valley, Calif.



Photo courtesy of US ARMY

Dr. Bruce Jones, front, manager of the Injury Prevention Program at the U.S. Army Center for Health Promotion and Preventive Medicine, tandem jumps with Sgt. Maj Michael Eitnir of the Golden Knights.

Help for victims of domestic violence

www.army.mil

Domestic violence is the actual or threatened use of mental or physical abuse that can occur between people involved in a family type relationship, including husband and wife and boyfriend and girlfriend, to gain power and control, said Erica Kane, victim advocate for Marine and Family Services.

The most common reason for a family to be in a domestic violence situation is if there is a power struggle between two members of a family who have let their differences escalate to what can be perceived as a violent situation, said Kane. The victim advocates have many resources available to help people who think they might be in an abusive relationship.

"Oftentimes domestic violence cases are

not brought to light due to a common fear among individuals who do not know what the future might hold, but what they do not understand is that without intervention domestic violence can increase in severity and frequency," said Marla Monk, victim advocate for Marine and Family Services.

The types of abuse can be categorized as mental, economic or physical abuse.

If a person needs assistance or has a question about a domestic violence situation, call the 24-hour MCCS One Source hotline, 1-800-869-0278, said Monk. MCCS One Source is an informational tool that can be used by service members and their families to answer questions and receive advice pertaining to legal, education and parenting issues as well as numerous other topics.